



Participant Name: _____

How it works:

Valid **JUNE 2-AUGUST 3, 2018**

1. Download and print our "Summer Unplugged Card".
2. As youth stay unplugged from devices, they earn points. (Get outside, go swimming, play in the backyard, ride a bike, visit the park, the possibilities are endless...)
3. Earn 5 points each day for 2 hours unplugged. Three levels, with great rewards.
4. Submit cards to REC OFFICE (475 E 800 N) after each Level. Prizes increase in value.

LEVEL 1: 50 POINTS									
5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS
LEVEL 2: 50 POINTS beyond Level 1									
5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS
LEVEL 3: 50 POINTS beyond level 2									
5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS	5 POINTS

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1. Hike 10 miles as a family. This does not have to be consecutive.
2. Submit your "family name" and "photo of your family while hiking" by email to jhbradley@nephi.utah.gov
3. After the email is confirmed, participants will arrange to pick up a cool "family prize pack" at the Recreation Office.
4. Families can submit more than one card for every 10 miles they hike in the summer. However they will only receive the "family prize pack" after first submittal.
5. At the end of the summer, Nephi Recreation will hold a raffle for "large" prizes. Every family submittal will be one raffle ticket towards the large prizes.

For more information call John at 435-623-1004 or email jhbradley@nephi.utah.gov

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